

**MEDICAL AND WELLNESS SERVICES DEPARTMENT  
CY 2018**

**Health Care Services Activities**

TOPIC/ SUBJECT		DATE	NO. OF PARTICIPANTS
<b>Health-Related Lectures and Activities</b>			
1	Healthy Diet: Gawing Habit for Life	24 January 2018	57
2	Lecture on Raising Awareness on AIDS & HIV	07 February 2018	54
3	Lecture & Launching of the GSIS Health and Wellness Club	14 February	151
4	Drug Awareness Lecture (Laguna BO)	16 March 2018	31
5	Lecture on DOH Initiatives on Non-Communicable Diseases		151
6	Lecture on Understanding Food as Medicine and One-on-One Counseling and distribution of medicines for diabetes and hypertension	20 March 2018	86
7	Lecture in Combating Stress with Lifestyle Medicines	05 May 2018	31
8	2018 HMO Orientation Lecture	21 May 2018	45
9	Lecture on Drug Awareness for 1st Semester (Central Office)	08 June 2018	33
10	Drug Abuse Prevention Lecture (Q.C. BO)	29 June 2018	46
11	Lecture on Understanding Depression	09 July 2018	109
12	Lecture on Essential Oils	24 July 2018	40
13	Lecture on Common Mental Health Problems	31 July 2018	173
14	Lecture on Laughter Yoga	16 August 2018	116
15	Lecture on Mental Fatigue and Depression in the Workplace	16 October 2018	215

16	Briefing on the Score Card on Health and Wellness Participation	14 November 2018	59
17	Lecture on Drug Awareness for 2nd Semester (Central Office)	21 November 2018	42
18	Blood Donation	29 November 2018	110
19	Drug Abuse Prevention Lecture (Bataan BO)	27 December 2019	60

**Employee Wellness Activities:**

<b>In-House Fitness Programs, Sports Tournament other Wellness Activities:</b>			
1	Body Jam	16 May to 13 June 2018	52
2	Zumba (basic)	July to August 2018	685
3	Zumba (advanced)	October to November 2018	876
4	Badminton Tournament	15 October to 19 November 2018	80 players; 6 divisions
5	basketball (Seniors)	31 July to 20 September 2018	202 players; 6 teams
6	basketball (Open)	30 July to 12 September 2019	7 teams
7	Table Tennis	25 September to 30 October 2018	61 players, 5 teams
8	Volleyball	November 2018	55 players; 4 teams
9	Pre-retirement Seminar to GSIS Employees	22-23 March 2018	30
10	Health and Wellness Fair	15-18 October 2018	27 exhibitors
11	GSIS Year-End Fun Run	07 December 2018	283
<b>GCAA Sports Tournaments:</b>			
1	GCAA Sportsfest	11 May 2018	50
2	GCAA Table Tennis	21 February to 09 March 2018	3rd runner-up out of 5 participating agencies
3	GCAA Golf Tournament	15 March 2018	7
4	GCAA Darts Tournament	20 March to 05 April 2018	14